Allergen Guide

VALID FOR: 11/4/2026 | **EDITION 1**

Below is a list of our national menu items with allergens identified. There are 9 major FDA identified allergens, which may be of concern to our customers: Wheat (and Gluten also included though not an allergen), Tree Nuts, Peanuts, Milk, Soy, Egg, Fish, Crustacean Shellfish and Sesame.

To access cafe specific detailed ingredient statements:

- **Navigate to Panerabread.com on the manager iPad**
- **Set locations for your current cafe**
- **access specific menu item by category**
- **Scroll down page to "See All Ingredients" button, click to show detailed ingredient statement**

See All Ingredients

NOTE: Menu items that do "NOT" contain any major allergens will reflect "No Major Allergens Present" under the allergen categories.

NOTE: Many of our products may come into contact with common allergens during production and preparation.

NOTE: * Highly refined oil from allergenic sources are not considered an allergenic ingredient according to FDA and are not reflected below.

Product	Wheat (and identifies Gluten sources)	Tree Nuts	Peanuts	Milk	Soy (*excludes highly refined oil)	Egg	Fish/Shellfish	Sesame
Bagels & Spreads								
Asiago Cheese	Yes			Yes	May Contain	May Contain		
Asiago Everything	Yes			Yes	May Contain	May Contain		Yes
Blueberry	Yes	May Contain		May Contain	May Contain	May Contain		Yes
Chocolate Chip	Yes			May Contain	Yes			Yes
Cinnamon Crunch	Yes			Yes	May Contain	May Contain		
Cinnamon Swirl & Raisin	Yes	May Contain		May Contain	May Contain	May Contain		Yes
Everything	Yes	May Contain		May Contain	May Contain	May Contain		Yes
Multigrain Bagel Flat	Yes							May Contain
Plain	Yes	May Contain		May Contain	May Contain	May Contain		Yes
Sesame	Yes	May Contain		May Contain	May Contain	May Contain		Yes
Plain Cream Cheese Spread				Yes				
Honey **Walnut** Cream Cheese Spread		Yes		Yes				
Honey **Pecan** Cream Cheese Spread		Yes		Yes				
Breads								
Artisan Ciabatta- Loaf	Yes							May Contain
Black Pepper Focaccia - Round Loaf	Yes							May Contain
Classic White - Loaf	Yes			Yes				May Contain
Country Rustic Sourdough - XL Loaf	Yes							May Contain
Croissant	Yes	May Contain		Yes	May Contain	May Contain		May Contain
French Baguette	Yes							May Contain
Sourdough Bread Bowl	Yes							May Contain
Tomato Basil - Miche	Yes							May Contain
Whole Grain Lahvash Wrap	Yes				Yes			Yes
Italian Stuffer Roll - Retail whole	Yes							
Baked Goods								
Brownie	Yes			Yes	Yes	Yes		
Cookie- Candy	Yes			Yes	Yes	Yes		
Cookie- Chocolate Chipper (Large & Petites)	Yes			Yes	Yes	Yes		
Cookie - Chocolate Coconut Macaroon	Yes	Yes	May Contain	Yes	Yes	Yes		
Cookie - Coconut Macaroon	Yes	Yes	May Contain	Yes	Yes	Yes		
Cookie - Dubai Style Chocolate Pistachio	Yes	Yes		Yes	Yes	Yes		
Cookie- Iced Shaped Shortbread- **Pumpkin & Mitten**	Yes	May Contain	May Contain	Yes	Yes	May Contain		
Cookie- Kitchen Sink	Yes			Yes	Yes	Yes		
Cookie- Oatmeal Raisin with Berries	Yes			Yes	Yes	Yes		
Pastry - Cranberry Orange Loaf Slice - Naturally Flavored	Yes			Yes		Yes		
Muffin- Blueberry	Yes			Yes	Yes	Yes		
Muffie- Chocolate Chip	Yes			Yes	Yes	Yes		
Pastry - Almond	Yes	Yes		Yes	Yes	Yes		
Pastry - Asiago Croissant Twists	Yes			Yes		Yes		
Pastry - Cherry	Yes			Yes		Yes		
Pastry- Chocolate Croissant	Yes			Yes	Yes	Yes		
Pastry- Cinnamon Roll	Yes	May Contain		Yes	May Contain	Yes		May Contain
Pastry - Pumpkin Spice Cinnamon Roll	Yes	May Contain		Yes	May Contain	Yes		May Contain
Pastry- Pecan Braid	Yes	Yes		Yes	May Contain	Yes		May Contain
Scone- Orange (Large & Mini)	Yes			Yes				
Cookie - PB & J	Yes	May Contain	Yes	Yes		Yes		

Product	Wheat (and identifies Gluten sources)	Tree Nuts	Peanuts	Milk	Soy (*excludes highly refined oil)	Egg	Fish/Shellfish	Sesame
Pastry - Cinnamon Croissant Bites with White Icing	Yes			Yes		Yes		
Add on - White Icing Portion Cup	No Major Allergens Present							
Pastry - Cocoa Marshmallow Flavored Cake Slice	Yes			Yes	Yes	Yes		
Breakfast- Egg Sandwiches, Souffles, Parfait, Fruit & Oatmeal								
Asiago Bagel Stack - Sausage & Egg	Yes			Yes	Yes	Yes		
Asiago Everything Bagel Stack - Wake-up BLT	Yes			Yes	Yes	Yes		Yes
Asiago Bagel Stack - Farmhouse Duo	Yes			Yes	Yes	Yes		
Bacon, Egg & Cheese on Artisan Ciabatta	Yes			Yes		Yes		May Contain
Bacon, Egg & Cheese on Croissant	Yes	May Contain		Yes	May Contain	Yes		May Contain
Bacon Double Take on Black Pepper Focaccia	Yes			Yes	Yes	Yes		May Contain
Chipotle Chicken, Egg & Avo on Artisan Ciabatta	Yes			Yes		Yes		May Contain
Egg & Cheese on Artisan Ciabatta	Yes			Yes		Yes		May Contain
Egg & Cheese on Croissant	Yes	May Contain		Yes	May Contain	Yes		May Contain
Egg Styles - Scrambled Egg or Egg White						Yes		
Garden Avo & Egg White on Multigrain Bagel Flat	Yes			Yes		Yes		May Contain
Ham Croissant Benny	Yes	May Contain		Yes	Yes	Yes		May Contain
Ham, Egg & Cheese on Artisan Ciabatta	Yes			Yes		Yes		May Contain
Sausage, Egg & Cheese on Artisan Ciabatta	Yes			Yes		Yes		May Contain
Sausage, Egg & Cheese on Croissant	Yes	May Contain		Yes	May Contain	Yes		May Contain
Steak & Wake on Artisan Ciabatta	Yes			Yes		Yes		May Contain
Four Cheese Souffle	Yes			Yes	Yes	Yes		
Spinach & Bacon Souffle	Yes			Yes	Yes	Yes		
Fruit Cup	No Major Allergens Present							
Hard Boiled Eggs						Yes		
Parfait- Greek Yogurt with Berries		Yes		Yes				
Steel Cut Oatmeal with Strawberries & Pecans		Yes						
Steel Cut Oatmeal with Strawberries - Without Pecans	No Major Allergens Present							
Salads & Stuffers								
Asian Sesame with & without Chicken	Yes	Yes						Yes
Stuffer - Asian Sesame with & without Chicken	Yes	Yes						Yes
Asian Sesame with & without Chicken - Without Almonds	Yes							Yes
Stuffer - Asian Sesame with & without Chicken - without Almonds	Yes							Yes
Caesar with & without Chicken	Yes			Yes		Yes	Yes	
Stuffer - Caesar with & without Chicken	Yes			Yes		Yes	Yes	
Farmhouse Crunch Salad	May Contain	Yes	May Contain	Yes	May Contain	Yes		May Contain
Stuffer - Farmhouse Crunch	Yes	Yes	May Contain	Yes	May Contain	Yes		May Contain
Farmhouse Crunch Salad - without almonds				Yes		Yes		
Stuffer - Farmhouse Crunch - without almonds	Yes			Yes		Yes		
Fuji Apple with & without Chicken		Yes		Yes				
Stuffer - Fuji Apple with & without Chicken	Yes	Yes		Yes				
Fuji Apple with & without Chicken - Without Pecans				Yes				
Stuffer - Fuji Apple with & without Chicken - without Pecans	Yes			Yes				
Greek with & without Chicken				Yes				
Stuffer - Greek with & without Chicken	Yes			Yes				
Green Goddess Cobb with Chicken				Yes		Yes		
Stuffer - Green Goddess Cobb with Chicken	Yes			Yes		Yes		
Ranch Parm BLT	Yes			Yes		Yes		
Stuffer - Ranch Parm BLT	Yes			Yes		Yes		
Southwest Chicken Ranch				Yes		Yes		
Stuffer - Southwest Chicken Ranch	Yes			Yes		Yes		
Ultimate Garden Steak Salad	Yes			Yes		Yes		
Stuffer - Ultimate Garden Steak	Yes			Yes		Yes		
Harvest Medley with and without Chicken	Yes	Yes		Yes				
Stuffer- Harvest Medley with and without Chicken	Yes	Yes		Yes				
Harvest Medley with and without Chicken - No Pecans	Yes			Yes				
Stuffer- Harvest Medley with and without Chicken - No Pecans	Yes			Yes				
Market Bowls								
All-In Veggie	Yes			Yes	Yes			
Sesame Ginger Chicken	Yes	Yes	May Contain	May Contain	Yes	May Contain		Yes
Sesame Ginger Chicken - No Almonds	Yes				Yes			Yes
Carnitas Elote				Yes		Yes		
Sandwiches- Information is provided with default bread choice. If bread choice is changed (or any other customization), it may contain an allergen.								
Asiago Bagel Stack - Chicken Roma	Yes			Yes	May Contain	Yes		

Product	Wheat (and identifies Gluten sources)	Tree Nuts	Peanuts	Milk	Soy (*excludes highly refined oil)	Egg	Fish/Shellfish	Sesame
Asiago Bagel Stack - Spicy Steak	Yes			Yes	May Contain	Yes		
Bacon Turkey Bravo on Tomato Basil	Yes			Yes		Yes		May Contain
Chicken Bacon Rancher on Black Pepper Focaccia	Yes			Yes		Yes		May Contain
Chipotle Chicken Avo Melt on Round Black Pepper Focaccia	Yes			Yes		Yes		May Contain
Ciabatta Cheesesteak	Yes			Yes		Yes		May Contain
Cranberry Walnut Chicken Salad on Country Rustic	Yes	Yes				Yes		May Contain
Grilled Cheese on Classic White Loaf	Yes			Yes	Yes			May Contain
Grilled Chicken & Avo BLT on Country Rustic Sourdough	Yes			Yes		Yes		May Contain
Mediterranean Veggie on Tomato Basil	Yes			Yes				Yes
Pickle Spear for cold sandwiches	No Major Allergens Present							
Smokehouse BBQ Chicken on Artisan Ciabatta	Yes			Yes				May Contain
Toasted Frontega Chicken on Black Pepper Focaccia	Yes			Yes		Yes		May Contain
Toasted Italiano on Baguette	Yes			Yes		Yes		May Contain
Tomato Basil BLT on Tomato Basil Miche	Yes					Yes		May Contain
Toasted Caprese Focaccia	Yes			Yes				May Contain
Tuna Salad on Country Rustic Sourdough	Yes					Yes	Yes	May Contain
Turkey & Cheddar on Country Rustic Sourdough	Yes			Yes		Yes		May Contain
Spicy Fiesta Chicken on Ciabatta	Yes			Yes		Yes		May Contain
Catering- Ham & Cheddar on Country Rustic	Yes			Yes		Yes		May Contain
Ciabatta Dipper - French	Yes			Yes	Yes	Yes		May Contain
Ciabatta Dipper - Chicken Pesto	Yes			Yes				May Contain
Dressings, Sauces, Spreads & Soup Dipper								
Sauce - Apple Cider BBQ	No Major Allergens Present							
Dressing - Asian Sesame vinaigrette								Yes
Sauce - Balsamic Glaze	No Major Allergens Present							
Sauce - Balsamic Vinaigrette	No Major Allergens Present							
Sauce - Bravo Signature						Yes		
Dressing - Caesar				Yes		Yes	Yes	
Sauce - Cheese Hollandaise				Yes	Yes	Yes		
Sauce - Chipotle Aioli						Yes		
Dressing - Creamy Garden Herb				Yes		Yes		
Sauce - Creamy Basil Pesto				Yes				
Dressing - Farmhouse Ranch				Yes		Yes		
Sauce - Garlic Aioli						Yes		
Dressing - Greek	No Major Allergens Present							
Sauce - Green Chile Salsa Verde				Yes		Yes		
Dressing - Green Goddess				Yes				
Spread- Hummus								Yes
Sauce - Mayonnaise						Yes		
Dressing - Sesame Ginger	Yes				Yes			Yes
Dressing - White Balsamic Apple Flavored Vinaigrette	No Major Allergens Present							
Dressing - Zesty Smoky Lemon Vinaigrette	Yes				Yes			
Dipper - Creamy Tomato - Dipper Portion				Yes				
Dipper - Bistro French Onion - Dipper Portion	Yes			Yes	Yes			
Drinks								
Additional Pump of Caramel Syrup	No Major Allergens Present							
Additional Pump of Chocolate Sauce				Yes				
Additional Pump of Chocolatey Hazelnut Flavored Syrup	No Major Allergens Present							
Additional Pump of Madagascar Vanilla Syrup or Cane Sugar Syrup	No Major Allergens Present							
Additional Shot of Pumpkin Spice Sauce				Yes				
Additional Pump of Snickerdoodle Syrup	No Major Allergens Present							
Additional Pump of White Chocolate and Peppermint Flavored Sauce				Yes				
Additional Pump of White Chocolate and Pistachio Flavored Sauce				Yes				
Agave Lemonade	No Major Allergens Present							
Americano	No Major Allergens Present							
Blackberry Hibiscus Iced Tea - Naturally Flavored Herbal Tea	No Major Allergens Present							
Cafe Frozen Java				Yes				
Caffe Latte (espresso - Hot or Iced)				Yes				
Cappuccino (espresso)				Yes				
Caramel Latte (espresso - Hot or Iced)				Yes				
Chai Tea Latte (Hot or Iced)				Yes				
Cherry Lime Fresca	No Major Allergens Present							
Coffee/Decaf Coffee (Hot or Iced)	No Major Allergens Present							
Dragonfruit Sunset Energy Refresher - Naturally Flavored	No Major Allergens Present							
Hazelnut Flavored Mocha Iced Coffee	May Contain	May Contain	May Contain	Yes	Yes	May Contain		

Product	Wheat (and identifies Gluten sources)	Tree Nuts	Peanuts	Milk	Soy (*excludes highly refined oil)	Egg	Fish/Shellfish	Sesame
Hazelnut Mocha Frozen Java	May Contain	May Contain	May Contain	Yes	Yes	May Contain		
Hot Tea Bags	No Major Allergens Present							
Iced Teas - Unsweetened / Sweetened / Passion Papaya Naturally Flavored Green Tea	No Major Allergens Present							
Island Mango Energy Refresher - Naturally Flavored - With Dragon Fruit	No Major Allergens Present							
Island Mango Energy Refresher - Naturally Flavored - With Pineapple	No Major Allergens Present							
Madagascar Vanilla Latte (espresso - Hot or Iced)				Yes				
Mango Smoothie with Greek Yogurt (Frozen)				Yes				
Mocha Latte (espresso - Hot or Iced)				Yes				
Passionfruit Paradise Energy Refresher - Naturally Flavored	No Major Allergens Present							
Pumpkin Spice Frozen Java				Yes				
Pumpkin Spice Iced Coffee				Yes				
Pumpkin Spice Latte - (Hot or Iced)				Yes				
Peppermint White Mocha Frozen Java	May Contain	May Contain	May Contain	Yes	Yes	May Contain		
Peppermint White Mocha Latte	May Contain	May Contain	May Contain	Yes	Yes	May Contain		
Peppermint White Mocha Iced Latte	May Contain	May Contain	May Contain	Yes	Yes	May Contain		
Peppermint White Mocha Iced Coffee	May Contain	May Contain	May Contain	Yes	Yes	May Contain		
Pistachio White Mocha Frozen Java		Yes		Yes				
Pistachio White Mocha Latte		Yes		Yes				
Pistachio White Mocha Iced Latte		Yes		Yes				
Pistachio White Mocha Iced Coffee		Yes		Yes				
Signature Hot Chocolate - (Hot or Frozen)				Yes				
Snickerdoodle Iced Coffee	May Contain	May Contain	May Contain	Yes	May Contain	May Contain		
Snickerdoodle Frozen Java	May Contain	May Contain	May Contain	Yes	May Contain	May Contain		
Strawberry Banana Smoothie with Greek Yogurt (Frozen)				Yes				
Strawberry Basil Lemonade Fresca	No Major Allergens Present							
Strawberry Smoothie with Greek Yogurt (Frozen)				Yes				
Sweet Cream Cold Foam				Yes				
Tropical Green Smoothie (Frozen)	No Major Allergens Present							
Kids								
Broccoli Cheddar Soup - Cup	Yes			Yes				
Grilled Cheese on Classic White Loaf - Whole	Yes			Yes	Yes			May Contain
Kids Ham & American Cheese on Classic White Loaf - Whole	Yes			Yes	Yes			May Contain
Kids Turkey & American Cheese on Classic White Loaf - Whole	Yes			Yes	Yes			May Contain
Mac & Cheese - Cup	Yes			Yes		Yes		
Soups & Mac								
Bistro French Onion with Cheese & Croissant Croutons	Yes			Yes	Yes			
Broccoli Cheddar	Yes			Yes				
Cream of Chicken & Wild Rice	Yes			Yes				
Homestyle Chicken Noodle	Yes					Yes		
Creamy Tomato with Croissant Croutons - Vegetarian	Yes			Yes				
Bacon Mac & Cheese	Yes			Yes		Yes		
Mac & Cheese	Yes			Yes		Yes		
Rustic Baked Potato				Yes				
Three Cheese Lasagna	Yes			Yes		Yes		
Autumn Squash - Vegetarian				Yes				
Non-traditional Grab N Go								
Chicken Caesar Wrap	Yes			Yes	Yes	Yes	Yes	Yes
Frontega Chicken Wrap	Yes			Yes	Yes	Yes		Yes
Green Goddess Chicken Wrap	Yes			Yes	Yes			Yes
Hard Boiled Eggs						Yes		
Turkey & Cheddar Wrap	Yes			Yes	Yes	Yes		Yes